

# iRelief

## User Manual

(English)



**IPC**



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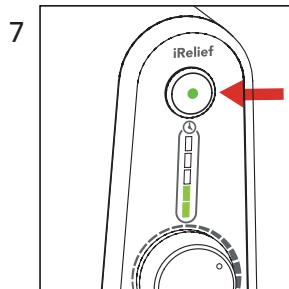
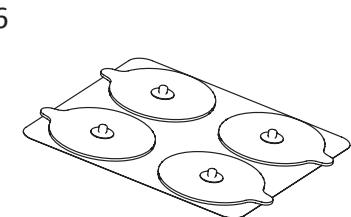
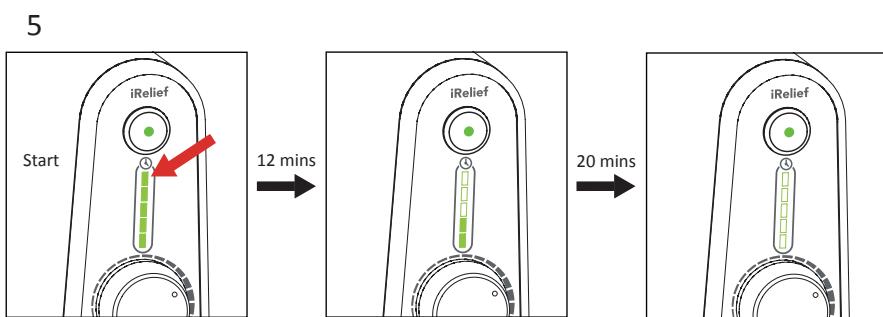
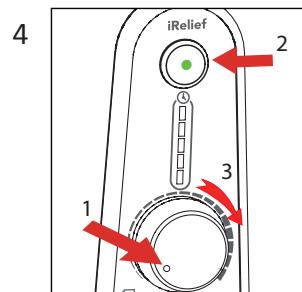
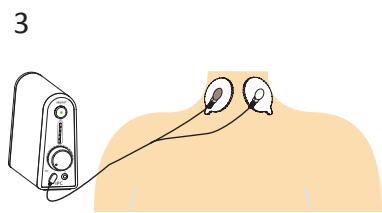
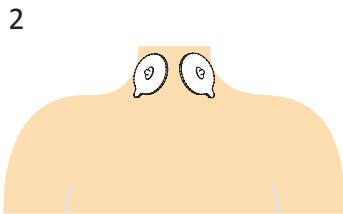
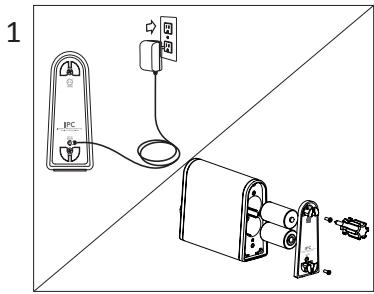
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## Cautions

- People with heart problems, pacemaker users, pregnant women, toddlers and frail people should seek medical advice before use
- Do not apply **iRelief Pad** on wounds or infected skin
- Some users may feel itchy and have slight redness around the **iRelief Pads** during the usage of **iRelief**. This is normal due to the enhanced blood circulation in the applied acupoint area. This should disappear in a few minutes after application

# QUICK START GUIDE

1. Connect 3V AC/DC power adapter or insert two 1.5V (D size) batteries to **iRelief** (suggested to use Alkaline battery; do not use rechargeable batteries)
2. Apply **iRelief Pads** to the appropriate acupoints or the pain areas
3. Connect the **iRelief Pad** cables to the **iRelief Pads** from channel 1 of the **iRelief**
4. Turn the level knob to the most counter clockwise position, start **iRelief** by pressing the on/off button. Turn the level knob clockwise to the highest level comfortable to the user. Note: higher level will achieve more effective result
5. **iRelief** has a 20 minutes automatic shutdown timer (each green light represents 4 minutes usage). All 5 green lights will be turned off automatically after 20 minutes usage. (suggested usage duration: Healthcare purpose - 12 minutes; Pain Relief purpose - 20 minutes)
6. Stick the **iRelief Pad** to the transparent protective storage sheet after each use
7. To stop or turn off **iRelief** at anytime, press the on/off button



# TECHNOLOGY BACKGROUND

## Advanced “Proton Vibration Alignment” Field Technology

**iRelief** is a revolutionary portable therapeutic device combining Traditional Chinese Acupuncture, Chinese QiGong and modern physiotherapy. With a non-invasive approach unique to our PVA field technology, (namely “Proton Vibration Alignment”), **iRelief** works to enhance the level of positive energy flow (known as ‘Qi’ in Chinese medicine) in the user’s body through acupoints.

With over 30 years of clinical applications and research advancement, together with the intensive research in physiology done with the aim to investigate ways to resolve disruptions in meridians, we come up with this new version of **iRelief** which outdo all the previous models. In simple terms, meridians can be thought of as Qi channels or pathways throughout the body whereas acupoints are considered special entry points along the meridians. Working on our unique PVA field technology, **iRelief** will work through the targeted acupoints to produce the optimal level of Qi to the meridians, regulating vibration along the meridians to achieve improved microcirculation and relieve pain.

### Improving microcirculation is the core treatment method

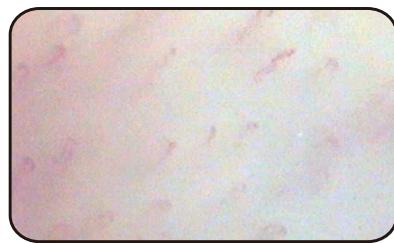
Disruptions in the Qi flow (or 'microcirculation' – see remarks) cause blockages of energy that will generally manifest as illness or pain. According to the Chinese medicine: **Wherever there is blockage of Qi, there is pain. When Qi flows properly, pain disappears.** Pain is treated by enabling the flow of Qi. **iRelief** helps clear the disruptions by the improving Qi energy flow in the body.

#### Remarks:

*Microcirculation refers to the flow of blood through very thin channels or gaps between cells (smaller than 100 µm). It's responsible for transporting blood cells and enabling the supply of nutrients and chemical substances to/from tissues. In simple words, microcirculation delivers oxygen and nutrients to tissues and carries away metabolic waste from tissues.*

## Features and Benefits

- Non-invasive Acupuncture, no side effects
- Effective pain relief in 10 - 15 minutes
- Relieve from many types of pains (headaches, neck and shoulder pain, back pain, knee pain, arthritis, muscle aches, menstrual pain, etc), indigestion, constipation, insomnia, skin allergies and chronic conditions
- Quick recovery from fatigue and pain caused by poor microcirculation
- Enhance immunity and promote metabolism
- Enhance microcirculation



*before use of iRelief*



*after use of iRelief*



*Photos show the microcirculation before and after use of iRelief. The microcirculation improves after an extended period use of iRelief.*

- Completely safe and easy to operate

# iRelief MAIN UNIT

1. On/off button

2. Automatic timer (each green light represents 4 minutes usage), all 5 green lights will be turned off automatically after 20 minutes usage

3. Output frequency level indicator (higher output by turning the level knob clockwise)

4. Level knob

5. Low battery indicator

6. Channel 1 output

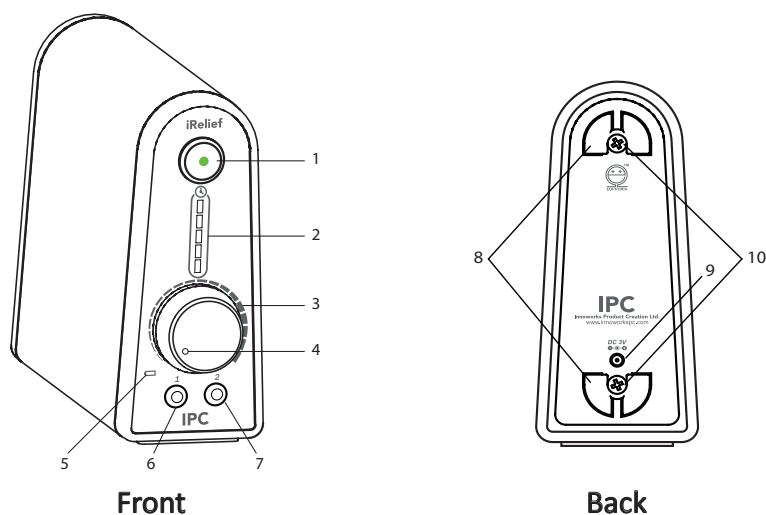
7. Channel 2 output

8. Cable management stand

9. AC/DC power adapter socket

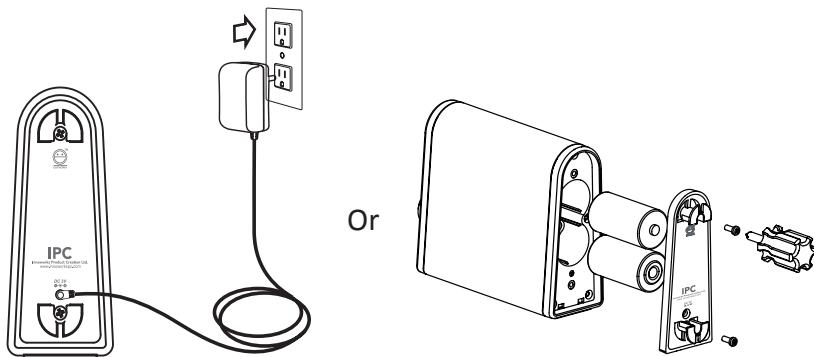
10. Screw locations for battery replacement

# iRelief MAIN UNIT



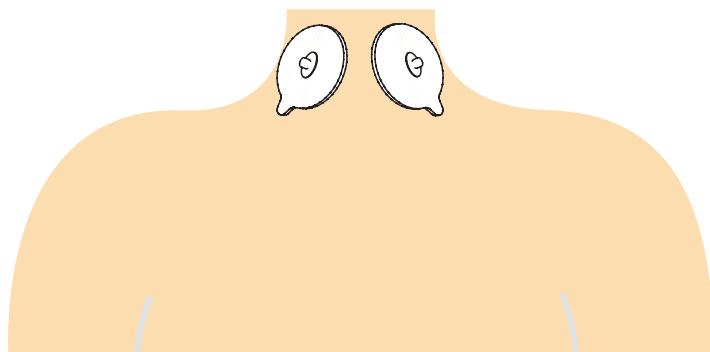
# OPERATION GUIDE

1. Find a comfortable place and relax. Connect the 3V AC/DC adapter or insert two size 1.5V (D size) batteries into **iRelief** (suggested to use Alkaline battery; do not use rechargeable batteries)

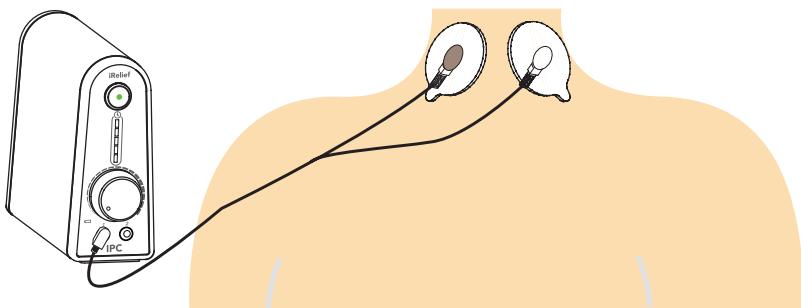


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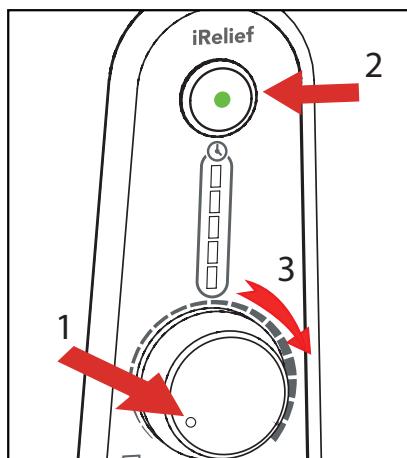
2. Apply **iRelief Pads** to the appropriate acupoints or pain areas



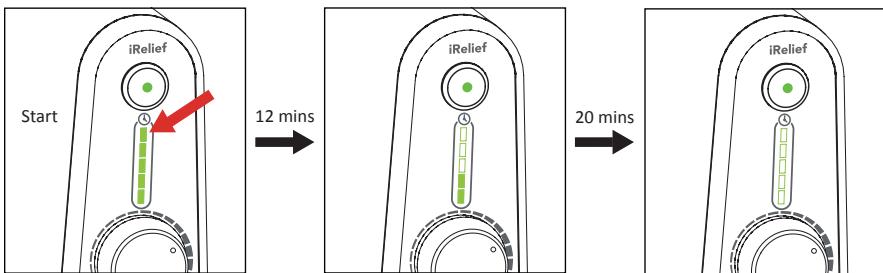
3. Connect **iRelief Pad** cables to **iRelief Pads** from one channel (channel 1 or 2) or both



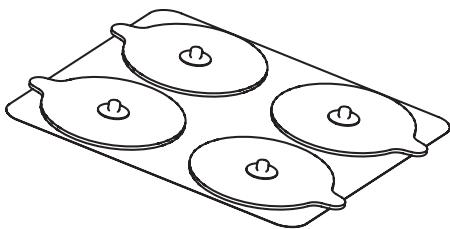
4. Turn the level knob to the most counter clockwise position, start **iRelief** by pressing the on/off button. Turn the level knob clockwise to the highest level comfortable to the user. Note: higher level will achieve more effective result



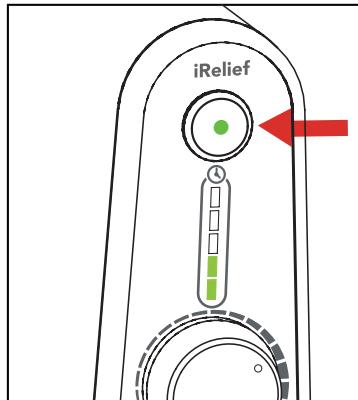
5. **iRelief** has a 20 minutes automatic shutdown timer. When **iRelief** starts, the 5 green lights will illuminate, each green light represents 4 minutes usage. **iRelief** will be shutdown automatically in 20 minutes when all 5 green lights are turned off. (suggested usage duration: Healthcare purpose – 12 minutes; Pain Relief purpose - 20 minutes)



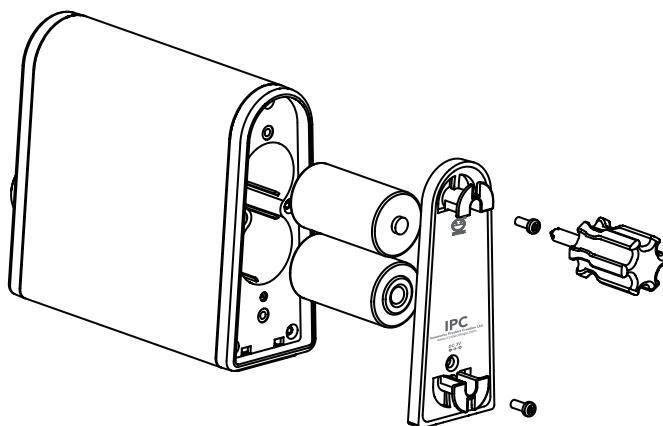
6. Stick the **iRelief Pad** to the transparent protective storage sheet after each use



7. To stop or turn off **iRelief** at anytime, press the on/off button

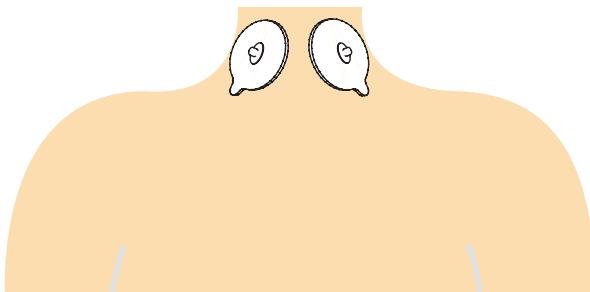


8. During battery operation only, the low battery indicator flashes to indicate that the battery should be replaced soon. Should **iRelief** not operate when pressing on/off button to start the **iRelief**, it indicates that the batteries are totally consumed and need to be replaced. Use the provided screw driver to open the battery door for battery replacement. Follow the "+" and "-" terminal to replace the battery accordingly before closing the battery door



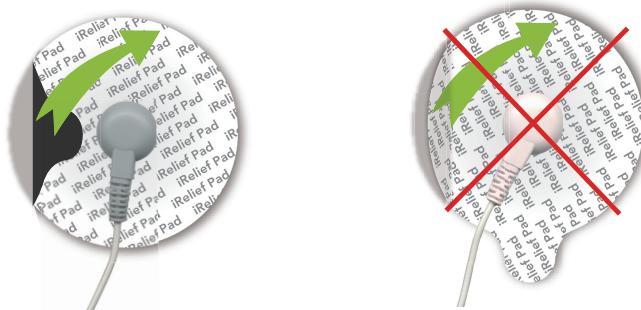
## iRelief Pad Usage Guide

1. Apply the **iRelief Pads** on the pain areas (called Ashi points in Chinese medicine) or appropriate acupoints (for pain relief or illness prevention) depending on personal needs. Placing the center of **iRelief Pad** on the pain area or acupoint will give the best overall effect. However, superior result will be achieved for the tissues, acupoints and meridians covered by **iRelief Pads**



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2. Clean the application area using rubbing alcohol or soap and water before use to remove oil from skin
3. Always use the white handle on the **iRelief Pad** to avoid damage to the gel pad; pull off slowly after use



4. Stick the **iRelief Pad** to the transparent protective storage sheet after each use

## Cautions for operating iRelief

- Stop using **iRelief** if there is discomfort
- Children or persons who are unable to express themselves, should seek medical advice before use; children must be accompanied by adults when using **iRelief**
- For battery operation, **iRelief** works only with 1.5V D size battery. Do not use rechargeable batteries
- Clean **iRelief** with a dry towel. Do not clean **iRelief** with water, detergent, organic solvent or bleach. Unplug the AC/DC power adapter and switch off **iRelief** before cleaning
- Do not overlap **iRelief Pads** when using **iRelief**
- Do not apply **iRelief Pads** while **iRelief** is turned on
- Ensure **iRelief** is not used before placing **iRelief Pads** on the body
- Keep away from any metal objects (watch, bracelet, belt buckle or necklace) when using **iRelief Pads**
- Under normal use **iRelief Pads** should last 30 - 40 sessions. Replace after an extended period of use
- **iRelief** operates ONLY with **iRelief Pad**. Do not use other brands of electrode pads with **iRelief**. Doing so will void the manufacturer warranty and **IPC** will not be responsible for any negative effects

# PRODUCT INFORMATION

Carefully review the following cautions for proper and safe conditions when using **iRelief**.

## Caution

- Store the unit where there is no moisture (make sure **iRelief** and **iRelief Pads** are not exposed to water)
- Do not place or use the main unit in areas of high temperature, high humidity or under direct sunlight
- Do not overbend or pull off the power cable
- Do not pull off the power adapter by force. Do not repair the cable if it is broken
- Do not use the device while driving
- Do not use the device while you are asleep
- Do not use the device when taking bath
- Beware of the danger of electric shock (do not put metal object to the main unit)
- Only use the provided AC/DC power adapter
- Turn off power before pull off power adapter
- Do not open, repair, modify, remove parts, make use of components not provided by the main unit, throw the device from high place or put too much pressure to the device

## Storage

- Store **iRelief** and **iRelief Pads** in a dry environment. Do not place the main unit in areas of high temperature, high humidity or under direct sunlight
- Remove the batteries if the unit will not be used for extended period of time

## WARRANTY

There is 1 year warranty service (free labour and components cost) from the purchase date. Customer will be required to present the original invoice stating the serial number for repair service during the warranty period.

Customer will contact the local distributor (details refer to our web site) or dealer for more details about the warranty service. The device must be inspected by **IPC**'s appointed authorized representative. The customer will be informed whether the unit can be repaired immediately or longer period is required for repair. **IPC** reserves the right for the final repair period. Local distributor will contact the customer to collect the repaired device after service. If there is no local distributor or repair centre for the customer, he / she should contact the corresponding dealer to arrange the repair service. Customer is responsible for all related courier cost and risk if any.

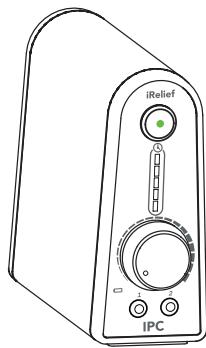
If there is any additional repair cost involved, the local distributor will inform the customer about the repair cost and repair will take place once confirmed by customer.

If the components or the particular model has been discontinued, the local distributor reserves the right to replace another model with similar function to the customer. The final replaced model and associated cost will be decided by the local distributor.

**Importance:** The warranty is void if **iRelief** is damaged or defective as a result of misuse, abuse, contamination, unauthorized maintenance, parts removal, damaged or rendered defective caused by incorrect input voltage or using components not provided in the product packaging. If customer chooses the representative not appointed or authorized by **IPC** for repair service, the product warranty will be voided immediately.

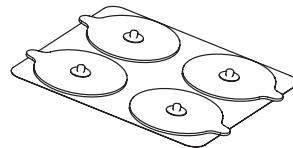
# PACKAGING

1



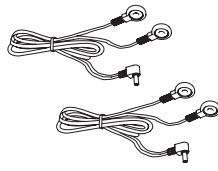
**iRelief (1 pc)**

2



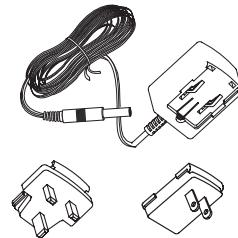
**iRelief Pad (1 pack - with 4 pcs)**

3



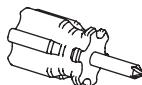
**iRelief Pad cables (2 pcs)**

4



**3V AC/DC power adapter (1 pc) with two interchangeable power sockets (UK & US plug type)**

5



**Screwdriver (1 pc)**

6



**iRelief User Manual (1 pc)**

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# TECHNICAL SPECIFICATIONS

Size: 60mm (W) x 142mm (H) x 185mm (D)

Weight: 744g (battery and other accessories excluded)

Power: 3V AC/DC power adapter or two 1.5V (D size) batteries

Maximum power consumption: less than 1.3W

Output pulse frequency: 20 - 22Hz

- *All provided information is based on the standard testing method designated by Innoworks Product Creation Ltd. They are subjected to change without notice.*

# DISCLAIMERS

- **IPC** has done the best in preparing this user manual for the overall completeness and correctness. However, **IPC** cannot guarantee any mistake or missing information for the user manual
- **IPC** reserves the right to make changes without any notice on the hardware, software or accessories mentioned in this user manual
- This user manual (or any part of the content) cannot be duplicated, transmitted, copied, stored or translated in any language and/or any format without formal written authorization by **IPC**
- **IPC** assumes no liability, obligation or responsibility for any misuse of **iRelief's** hardware, software and accessories or other components not provided as part of packaging
- As there are many considerations for the theory of Chinese Acupuncture treatment and meridians, the effectiveness of the **iRelief** will be subjected to individual application. **IPC** will not guarantee the outcome of individual usage of **iRelief**





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